

THE 50+ Connection

NEWS and EVENTS from the
Howard County Office on Aging and Independence

Department of Community Resources and Services

Volume 6, No. 10 • October 2016

Tech Opportunities and Apps Headline 50+EXPO

More than ever before, older adults are embracing technology to connect with family and friends; explore options for restaurants, travel and entertainment; research health topics; and to manage daily life by shopping and banking online. Yet there are many older adults who for one reason or another are not tech-savvy, and some who would prefer to avoid electronic gadgets altogether. If you fall into one of these categories, the Howard County Office on Aging and Independence can help you embrace the opportunities technology offers.

Technology you can use in everyday life is a focus of the 18th annual 50+EXPO being held Monday, October 31, from 9 a.m. to 4 p.m.

at Wilde Lake High School in Columbia. AARP's self-proclaimed "gadget guy" Mike Lee will kick things off with his feature presentation, **Tracking Wellness with Technology** at 10 a.m. in the James Rouse Theatre. Lee will focus on the benefits of using activity trackers such as FitBit, Misfit Shine, Apple Watch, and Move Now, as well as phone apps and low-tech mechanical pedometers. Lee will also share how using these devices has benefitted him in his journey back to health following thyroid surgery in 2014.

Our signature **Health Fair** will offer a variety of important screenings and flu vaccines at no charge to attendees. Also, a job fair will be held for older adults looking for a new career or to re-enter the workforce. Plan to attend **Wired for Work—50 and Beyond**, presented by the Office of Workforce Development (11 a.m. in Classroom 222). Consultant Brenda Guild covers the unique challenges older adult job seekers may face, and will explore areas that negatively impact a job search and identify strategies to create a positive mindset.

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continued on next page

A Message from Office on Aging and Independence Administrator

Starr P. Sowers



When our calendars turn to October, it means the annual Howard County 50+EXPO is near! Now in its 18th year, Howard County's 50+EXPO has grown to become a popular community event for all ages, and has enjoyed tremendous support from both public and private sector partners as exhibitors and sponsors. This year we welcome back AARP and look forward to their feature presentation, "Tracking Wellness with Technology." In fact, you will find that technology you can use in everyday life is a recurrent theme throughout the 50+EXPO this year. Join us Monday, October 31, between 9 a.m. and 4 p.m. at Wilde Lake High School in Columbia.

New this year, we are asking that you consider making a \$5 donation to attend one of the always popular Capitol Steps shows at noon and 2 p.m. As a member of the Capitol Steps put it, that works out to about 4 cents a laugh! But on a more serious note, all funds raised go directly to the Vivian Reid Community Fund, which provides emergency financial assistance to older adults and adults with disabilities here in Howard County. Your donation could help someone avoid eviction, purchase dentures or eyeglasses or keep the heat turned on this winter. Thank you in advance for your generosity.

Coordinating an event the size of the 50+EXPO would not be possible without the hard work and commitment of the Office on Aging and Independence; staff throughout County government; generous support of our sponsors; and dedication of our volunteers. The EXPO features 170 exhibitors and vendors, making it easier for you to find the information and resources you need to meet today's needs and prepare for tomorrow's challenges. While you are there, stop by the Office on Aging and Independence booth on Main Street and pick up your free copy of the 2017 Howard County Resource Guide. The full schedule of events will be available in the October 20 edition of both the Howard County Times and Columbia Flier, as well as online at www.howardcontymd.gov/50plusexpo.

IMPORTANT REMINDERS FOR 50+EXPO 2016

All parking is at the Mall in Columbia, lower level by Sears. A \$1 admission fee will be collected as you board the shuttle bus (or pay at the door). Also, Capitol Steps attendees are asked to make a \$5 donation at the ticket booth. All proceeds benefit the Vivian Reid Community Fund, which provides emergency assistance to older adults and adults with disabilities in Howard County whose needs are not covered by Medicare or other programs. Your generosity is greatly appreciated.

Technology Opps and Apps Headline the 50+EXPO 2016

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Protecting Your Privacy (and Money) in a High-Tech World will be presented by Rebecca Bowman, Administrator, Howard County Office of Consumer Protection at 11:00 a.m. in Classroom 220. While 21st century technology can provide you with a wealth of conveniences, it can also put your privacy, money and safety at risk. Bowman will discuss how to weigh the benefits and risks of using the latest high-tech products and applications.

Other Featured Seminars

Rumbles and Grumbles:

Taming Your Physical and Emotional Digestive Health

(12:00 noon in Classroom 237)

Learn how emotions contribute to poor digestion, what to do about it, and which food and beverages will help to soothe discomfort and symptoms. Led by Tibetan Yoga Teacher Joseph Murray, and Valencia Wood, President and Vice President, respectively, of IO Workshop|Mélong Ling.

Navigating the Maryland Workforce Exchange

(1:00 p.m. in Classroom 222)

Learn how to utilize the resources available through the Maryland Workforce Exchange, a user-friendly system to assist the older adult population with job searches and workforce service needs. Led by Joan Greene-Washington, Workforce Consultant, Howard County Office of Workforce Development.

Know the 10 Signs of Alzheimer's
(1:00 p.m. in Classroom 220)

Recognize the subtle signs and behavior changes associated with Alzheimer's. Early detection matters. Led by Phyllis Meyerson, LCSW-C, Education Program Volunteer, Alzheimer's Association.

A Pinch of This, a Dash of That
(2:00 p.m. Classroom 237)

Learn how you can enhance the healing properties of your meals with healthy add-ons. Led by Jade Connelly-Duggan, M.Ac., L.Ac., director of WisdomWell Family Acupuncture and Wellness.

Round out your day at EXPO by enjoying one of the many entertainment options in the 50+ Café while you grab a quick, healthy lunch, or check out one of two performances by the Capitol Steps at noon and 2 p.m. in the James Rouse Theatre.

A full-color, printed schedule of the 50+EXPO highlights, seminars, exhibitors, etc. will be available in the October 20 edition of both the Howard County Times and Columbia Flier, and will also be posted online at www.howardcountymd.gov/50plusexpo.

Follow us on Facebook at www.Facebook.com/HoCoCommunity. For more info: 410-313-6410 or aging@howardcountymd.gov.

★ TECHNOLOGY ★ INFORMATION ★ ENTERTAINMENT ★



\$1 ADMISSION

\$5 CAPITOL STEPS*

2 SHOWS: NOON and 2:00 P.M.

All Admission and Show Proceeds Benefit the Vivian Reid Community Fund for Older Adults

* suggested donation

COURTESY SHUTTLE from The Mall in Columbia
Only accessible parking on-site at Wilde Lake HS

**MONDAY
OCTOBER 31**

9:00 AM - 4:00 PM

Wilde Lake High School

5460 Trumpeter Road, Columbia 21044

EVENT HIGHLIGHTS

- 10:00 a.m. Feature Presentation by AARP
Tracking Wellness with Technology
- 170 Exhibitors
- **NEW!** Job Fair
- Flu Vaccines
- **NEW!** Tech-Savvy Seminars
- Health Screenings

410-313-6410 (VOICE/RELAY) • www.howardcountymd.gov/aging

Who's Knocking on Your Door?

Tips for Avoid Home Solicitation Scams

If you dislike being disturbed by door-to-door solicitors, you can simply refuse to answer your door or just say “no” to their offers. But, if you are interested in what a solicitor has to offer, you need to stay alert to potential scams that are aimed at stealing your money or identity.

- In Howard County, door-to-door soliciting is allowed only between 9 AM and sunset. Door-to-door solicitors who sell goods or services or request donations must first register with the Howard County Office of Consumer Protection (OCP). Registered solicitors are given an identification card which they must carry at all times and show to anyone who asks.
- Solicitors working in Howard County are also required to leave a resident's property when asked. So if you decide to talk with a solicitor, first ask to see their ID card. If they do not have one, ask them to leave and report the solicitor to the police or OCP.
- Beware of any offer that sounds too good to be true and don't feel pressured to make a decision on the spot. Before making a major purchase, research the company and ask for references.
- Be especially wary of home improvement contractors or tree services that claim that they are “doing work in your neighborhood.” Such “traveling” contractors often do not have valid state licenses, or county-registered identification.
- Before you sign a contract or pay any money, read the contract thoroughly to make sure that all of the seller's claims or promises are included. The contract should also include a notice about your three-day right to cancel under the Maryland Door-to-Door Sales Act, along with a cancellation form you can use if you change your mind.
- If you feel threatened or are not able to get the salesperson to leave, call 9-1-1 for police assistance.

To report unregistered solicitors, contact the Office of Consumer Protection at 410-313-6420 or consumer@howardcountymd.gov. For additional information when shopping for home improvement contractors and other services or products, visit us online at www.howardcountymd.gov/consumer.



CONSUMER PROTECTION

We've got you covered.

Take Advantage of US Before Someone Takes Advantage of YOU!



Howard County Office of

Consumer Protection

410-313-6420 (voice/relay)
consumer@howardcountymd.gov

www.howardcountymd.gov/consumer



Be a FRIEND of the 50+EXPO!



CONTACT **Jeanne Davis**

PHONE **410-313-6410**

EMAIL **jwhitedavis@howardcountymd.gov**

Sign Up TODAY to Receive Your FRIEND OF THE EXPO Gift Package!

- One **RESERVED** seat for “The Capitol Steps”
- One **ADMISSION** ticket to the 50+EXPO!
- One **EXCLUSIVE** “Friends” raffle ticket for a grand prize basket of goodies!
- A “Friends” **RECOGNITION** badge to wear at EXPO!

A portion of the proceeds from **Friends of the EXPO** will benefit the Vivian Reid Community Fund.

Thank you for your support!



410-313-1234 (VOICE/RELAY) • www.howardcountymd.gov/50plusexpo

OCTOBER

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30	31					

Howard County 50+ Centers CALENDAR HIGHLIGHTS

Go to www.howardcountymd.gov/50pluscenters for a complete list of events, programs and services.

Bain 50+ Center

Starting Wednesday, October 5 • 1 to 2 p.m. —

NEW PROGRAM! Sit and Get Fit

Try a gentle seated conditioning exercise program that's easier than Tai Chi or Yoga. Sit and Get Fit for Seniors with Regenerative Movement Technique blends activity and relaxation with natural breathing. FREE. Register: 410-313-7213.

Friday, October 7 • 1 to 2:30 p.m. —

Celebrating Our Legacy and Culture Through the Arts

Presented by printmaker and painter Professor Curlee R. Holton, Executive Director of the David C. Driskell Center for the Study of the Visual Arts and Culture of African Americans and the African Diaspora, along with Deputy Director and Curator, Dorit Yaron. FREE, refreshments served. RSVP: 410-313-7213.

Tuesday, October 11 • 10:30 to 11:30 a.m. —

Classical Music Returns to Bain!

Phoenix Arts Management presents international renowned faculty members and students from the Peabody Conservatory of Music in a classical music performance. FREE. RSVP: 410-313-7213.

Wednesday, October 12 • 10 a.m. to noon —

Flu Vaccinations

The Center for Disease Control recommends everyone age six months and older get vaccinated. Cost: FREE with original or traditional Medicare; low cost with Medicare HMO, PPO or other insurance. Pneumonia and high dose flu vaccine also available. Appointments: 410-313-7213.

Tuesday, October 18 • 10 a.m. —

Opera Lovers and Lunch

Carmen follows the exploits of a beautiful gypsy seductress. Composed by Georges Bizet, the opera is sung in French with English subtitles. Cost: \$13. Register at the front desk by October 11.

Wednesday, October 19 • 11:30 a.m. —

Playing with Languages

Do you speak another language? Do you want to learn basic sign language? Meet us in the lobby for an informal quick round of language sharing. FREE. Register: 410-313-7213.

East Columbia 50+ Center

Thursday, Sept. 29 • 10 to 11:30 a.m. — **Beginning Bridge**

Bridge is a brain fitness exercise that will provide a lifetime of enjoyment! Meet new friends who will share your challenges. Cost: \$60/six weeks. Register: 410-313-7680.

Wednesday, October 5 • 1 p.m. —

To Health presents: How Food Can Affect Your Mood

Karen Basinger MS, CFCS, LDN, will share nutrition information to help you fine-tune your health. FREE. Details: 410-313-7680.

Tuesdays, starting October 11 • 3:30 p.m. —

Technology Tune Up

Bring your technology questions, challenges and dreams of mastery and our student 'geniuses' will assist you. Borrow one of our iPads or bring your own phone, tablets or computers. FREE. Register: 410-313-7680.

Wednesday, October 26 • Noon — **Lunch and Learn**

Learn how to diffuse volatile situations and deal with conflict. The Mediation Center's Stephanie Klein will teach skills that turn challenges into opportunities. Cost: lunch donation. Register: 410-313-7680.

Elkridge 50+ Center

TEMPORARY LOCATION: **5660 Furnace Avenue, Elkridge 21075**

Thursday, October 6 • 10:30 to 11:45 a.m. — **Be Scam Free!**

Don't be a victim and lose your money and good credit! Learn how to protect yourself from the scam crooks. FREE. Register: 410-313-5192.

Friday, October 7 • 10 a.m. to 2:30 p.m. — **AARP Driving Class**

This presentation will cover the new driving laws, and provide tips to help keep you and your loved ones safe on the road. FREE; lunch available with reservation. Register: 410-313-5192.

Wednesday, October 12 • 10:30 to 11:45 a.m. —

Healthy Eating on a Budget

Food prices have certainly gone up, but it's still possible to stock up on healthy food without emptying your pockets! Learn how to shop and cook on a limited budget. FREE. Register: 410-313-5192.

Wednesday, October 19 • 9 to 11 a.m. —

Pumpkin Pancake Breakfast

Enjoy the delicious taste of the season with pumpkin pancakes, plus eggs, sausage and fruit. FREE; donations accepted. Register: 410-313-5192.

Monday, October 24 • 11 a.m. to 2 p.m. — **Halloween Bingo**

Join us for bingo with a "spooky" twist. Seasonal snacks will be served. Cost: \$5 for 10 games. Register: 410-313-5192.

Friday, October 14 • 11 a.m. to 12:30 p.m. —

Let's Dish: Fall in Love with Pumpkin

Pumpkin is colorful, nutritious and tasty! Watch us prepare a great treat and enjoy generous samples. FREE; donations accepted. Register: 410-313-5192.

Share the of Your 4-legged Friend

2016 PET EVALUATIONS AT 7:00 PM ON:
Oct 6 • Nov 10 • Dec 1

Bain 50+ Center

5470 Ruth Keeton Way, Columbia 21044

Ingrid Gleysteen PROGRAM COORDINATOR

PHONE 410-313-7461 (voice/relay)

EMAIL igleysteen@howardcountymd.gov



Ellicott City 50+ Center

Wednesdays, October 5-26 • 10 a.m. to noon — Calligraphy
Calligraphy means “beautiful writing.” In this class, we will use felt-tip markers to write calligraphy italics for greeting cards, messages and more. Cost: \$30/4 classes, plus \$3 supply fee. Register: 410-313-1400.

Fridays, October 7-28 • 10 a.m. to noon — The Daring Way
Explore the topics of vulnerability, courage, shame and worthiness in this transformative workshop, led by Kat Middleton, based on the research of Brené Brown. Cost: \$43/4 classes. Register: 410-313-1400.

Thursday, October 13 • 1 p.m. — Recycle/Repurpose
Join professional organizer Sonal Adamson, owner of Clutter-Free 4life, a professional organizer specializing in clutter management, to create a home mail organization system. FREE; details at 410-313-1400.

Friday, October 14 • 1 p.m. — The Ukulele Experience
Join the fun as Ray Forton introduces participants to playing the ukulele (instruments will be provided). Space is limited; all levels are welcome. Cost: \$10; register at 410-313-1400.

Glenwood 50+ Center

Thursday, October 6 • 3 p.m. — Sip and Swap
Be green, have fun, update your style. Bring five gently used items to swap: clothing, shoes, accessories or jewelry. Bring a friend and enjoy snacks and door prizes while you swap. Register: 410-313-5440.

Wednesday, October 12 • 8:30 a.m. to 4:30 p.m. — Leesburg Outlets and Lunch
Join us for a day of fall shopping and enjoy a beautiful day out. Cost: \$25 and includes travel on deluxe coach, snacks, water and coupons. Lunch is on your own. Reserve your seat: 410-313-5440.

Thursday, October 13 • 6:30 to 9 p.m. — Love Story the Duo
Enjoy an evening of music and dancing, hors d'oeuvres, 50/50 raffle, and door prizes. Cost: \$5; proceeds benefit the Western Howard County Senior Council. Register: 410-313-5440; walk-ins welcome.

Friday, October 21 • 10 a.m. — “Fire Underground” Book Talk
Learn the fascinating story of a little town in Pennsylvania that has been burning since 1962. A modern day mine disaster in Centralia has created a ghost town today. FREE; for additional information, call 410-313-5400.

Thursday, October 13 • 1 to 3 p.m. — Trash to Treasure Series

Our Pallet Palooza series continues! Get your creative juices flowing as you create a pumpkin and reversible scarecrow/snowman from wood pallets. Cost: \$15. Register in advance: 410-313-5440.



Bereavement Group

A multi-week group to explore the process of mourning, coping strategies, and life beyond grief in a supportive atmosphere.
Pre-registration required; a nominal fee applies.

November 15-December 20 • 2:30 - 4:00 p.m.
Ellicott City 50+ Center, 9401 Frederick Road, Ellicott City 21042

Contact Karen Hull

410-313-7466 (VOICE/RELAY) • khull@howardcountymd.gov

North Laurel 50+ Center

Monday, October 17 • 10 to 11 a.m. — 80's Zumba-thon
Try a variety of dance styles such as salsa, hip hop, and samba, then make every move count during a drop-in Zumba-thon to benefit breast cancer research. Cost: \$5; register at 410-313-0380.

Tuesday, October 18 - November 1 • 10 a.m. to noon — Journaling with Zentangle
Enrich your life through the art mediums of tangling and journaling. Participants will create a personalized journal and record of their development. Cost: \$45; register by October 14 at 410-313-0380.

Wednesday, October 19 • 11 a.m. to 1 p.m. — Oktoberfest Celebration
Enjoy a lively fall celebration with German-inspired fare, a ginger beer garden and live music by the band “Just Us.” Cost: \$3 plus lunch contribution. Reserve lunch by October 12 by calling 410-313-0380.

Thursday, October 20 • 12:15 to 1 p.m. — Meditation & Movement for Happiness
Under the direction of Yogi Connie Bowman, learn how to pay attention to your body and be more mindful, reduce stress and enjoy life on a deeper, more meaningful level. FREE. Register: 410-313-0380.

Wed., October 26 • 10:30 to 11:30 a.m. — “OWL-oween”
Explore these mysterious creatures of the night, their hunting techniques and habitats. “OWL-oween” will feature Ranger, a beautiful Barred Owl, with soulful brown eyes and brown-and-white-striped plumage, who will be visiting from the Howard County Conservancy. FREE. Register: 410-313-0380.

Howard County 50+ Centers

BAIN 50+ CENTER

5470 Ruth Keeton Way, Columbia
410-313-7213 • bain50plus@howardcountymd.gov

EAST COLUMBIA 50+ CENTER

6600 Cradlerock Way, Columbia
410-313-7680 • eastcolumbia50plus@howardcountymd.gov

ELKRIDGE 50+ CENTER

TEMPORARY LOCATION: 5660 Furnace Ave., Elkridge
410-313-5192 • elkridge50plus@howardcountymd.gov

ELLICOTT CITY 50+ CENTER

9401 Frederick Road, Ellicott City
410-313-1400 • ellicottcity50plus@howardcountymd.gov

GLENWOOD 50+ CENTER

2400 Route 97, Cooksville
410-313-5440 • glenwood50plus@howardcountymd.gov

LONGWOOD 50+ CENTER

6150 Foreland Garth, Columbia
410-313-7217 • longwood50plus@howardcountymd.gov

NORTH LAUREL 50+ CENTER

9411 Whiskey Bottom Road, Laurel
410-313-0380 • northlaurel50plus@howardcountymd.gov

www.howardcountymd.gov/50pluscenters

Celebrate Disability Employment Awareness Month

By Michelle Henry, ADA Coordinator, Howard County

October is National Disability Employment Awareness Month, an opportunity to spread awareness about disability employment issues and celebrate the many and varied contributions of America's workers with disabilities. This year's theme is "InclusionWorks."

In 1945, Congress enacted a law to designate the first week in October as "National Employ the Physically Handicapped Week." In 1962, the word "physically" was removed to acknowledge the employment needs and contributions of individuals with all types of disabilities. In 1988, Congress expanded the week to a month and created National Disability Employment Awareness Month.

"Our nation's most successful companies proudly make inclusion a core value. They know that inclusion works... for individuals... for employers... for opportunity... for innovation," said Jennifer Sheehy, deputy assistant secretary of labor for disability employment policy.



On October 6, the Howard County Commission on Disability Issues will host its annual awards ceremony at the Roger Carter Community Center in Ellicott City. Karen J. Lee, Executive Director, SEEC, and Public Policy Fellow,

Maryland Developmental Disabilities Administration will deliver the keynote on the benefits of inclusive work practices. For more information, visit www.howardcountymd.gov/ADA.

The Office of ADA Coordination is proud to be a part of this year's National Disability Employment Awareness Month and supports the efforts of the Howard County Commission on Disability Issues to value diverse perspectives, including those of individuals with disabilities. To learn more about National Disability Employment Awareness Month, visit www.dol.gov/ndeam.

Source: <https://www.dol.gov/odep/topics/ndeam/resources.htm>.



Howard County Executive
Allan H. Kittleman



and the

Howard County
Commission on Disability Issues
cordially invite you to the

ANNUAL AWARDS CEREMONY

Thursday, October 6, 2016 • 7:00 PM

Roger Carter Community Center
3000 Milltowne Drive, Ellicott City, MD 21043

In recognition of
National Disability Employment Awareness Month

KEYNOTE PRESENTATION

EVERYONE WORKS!

Karen J. Lee

Executive Director, SEEC
Public Policy Fellow, Maryland Developmental Disabilities Administration

To RSVP and/or request accommodations to attend,
contact Erica Lewis at 410-313-6402 (VOICE/RELAY) or
ealewis@howardcountymd.gov by Thursday, September 29



— This Event is Free and Open to the Public —



VA Benefit Counseling Services for Howard County Veterans

PRESENTED BY THE **Howard County Office of Veterans and Military Families** IN PARTNERSHIP WITH **The American Legion**

TWO Thursdays • 9:30 AM to 4:30 PM • September 29 AND October 27

Howard County MultiService Center
9000 Washington Blvd., Suite I, Laurel 20723

FOR AN APPOINTMENT OR ADDITIONAL INFORMATION, CONTACT:

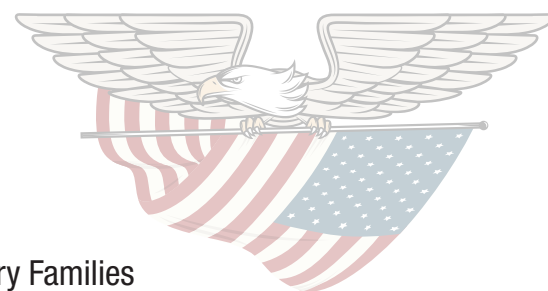
Lisa B. Terry, Manager, Howard County Office of Veterans and Military Families
Administrator, Howard County Commission on Veterans and Military Families

PHONE **410-313-0821** (VOICE/RELAY) ★ EMAIL **lbterry@howardcountymd.gov**

Appointments Appreciated • Walk-ins Welcome

Please bring form #DD214, military ID and/or medical records, if available.

6751 Columbia Gateway Drive, Suite 300, Columbia, MD 21046
www.howardcountymd.gov/veterans • www.facebook.com/HoCoMilitary • 410-313-6400 (VOICE/RELAY)



Bike with a Cop

Tuesday, October 4 • 10:00 a.m.

Don't miss this opportunity to enjoy a casual Cycle2Health ride accompanied by the Howard County Police Pathway Patrol Unit. The ride will depart from the East Columbia 50+ Center at 10 a.m., weather permitting. Each rider must provide their own bicycle, helmet, water, spare tube, tire pump, and tools to change a flat.

Registration is required to participate. To register, contact Jeannie DeCray at jdecray@howardcountymd.gov or 410-313-6535. For more information, visit www.howardcountymd.gov/C2H.



The Howard County Police Department's Pathway Patrol officers provide year-round, highly-visible police presence on pathways and in residential areas. The team works to deter crime, address quality-of-life issues and allows officers to interact more directly with community members.

Cycle2Health is a volunteer-led bicycling club for adults of all ages and riding abilities. Weekly rides depart from various locations during daytime hours.



2016 PROJECT

Holiday

The **Howard County Office on Aging and Independence** is collecting donated items for low-income seniors who reside in nursing homes, assisted living facilities and in the community.

The wish list includes the following items for both adult men and women and include:

- Body Lotion
- Body Wash
- Deodorant
- Hair Conditioner
- Shampoo
- Shaving Cream
- Slipper Socks
- Socks
- Toothbrushes
- Toothpaste
- Toiletry Gift Sets
- Throw Blankets
- Monetary Donations also accepted

Funds will be used to purchase items we don't receive or of which we have a shortage.

Drop off your donations by December 12 at any Howard County 50+ Center or the

Howard County Office on Aging and Independence
6751 Columbia Gateway Dr., Suite 200, Columbia, MD 21046

FOR MORE INFORMATION:

Debby Magin at 410-313-6063 (VOICE/RELAY) • dmagin@howardcountymd.gov

 Howard County Office on
Aging and Independence
www.howardcountymd.gov/aging

If you need this information in an alternate format, contact
Maryland Access Point at 410-313-1234 or
map@howardcountymd.gov

START LIVING WELL TODAY!

DIABETES and other **CHRONIC CONDITIONS** can be managed with our evidence-based, self-management **LIVING WELL PROGRAM**. Participants can experience positive health outcomes, as well as reduce health complications and the need for emergency care.

**Living Well:
Take Charge of Your Health**
10:00 am – 12:30 pm



**Medical Pavilion at Howard County
Wellness Center, Columbia Conference Room**
10710 Charter Dr., Suite 100, Columbia, MD 21044

September 30 thru November 4, 2016
\$28 includes 15 hours of workshop and materials

To achieve the most benefits from this program, we encourage a commitment to attend all six sessions.

Contact: Jennifer Lee at **410-313-5940** (VOICE/RELAY) OR
jlee@howardcountymd.gov

 Howard County Office on
Aging and Independence

www.howardcountymd.gov/aging

How to Be a GREAT Grandparent!

Parenting has changed in many ways since today's grandparents were raising their own children, so don't miss this program!

**Thursday, October 6
6:00 - 8:00 pm**

**Bain 50+ Center
5470 Ruth Keeton Way, Columbia**

FREE, but space is limited and pre-registration is required!

- Research-based practices to balance with your own tried & true skills
- Great resources to support your children in their new role as parents
- Ways to safeguard your home for infants & toddlers
- Your role as a grandparent vs. a parent

REGISTER AT: www.howardcountymd.gov/familyinstitute
OR PHONE: **410-313-1440** (VOICE/RELAY)

WE HOPE TO SEE YOU THERE!

 Howard County Office of
Children and Families



It's Time to Review Your Medicare Plans... Again

By Bill Salganik, Counselor, Howard County
State Health Insurance Assistance Program (SHIP)

Yes, it's that time again: **Medicare Open Enrollment** runs October 15 to December 7. Even if your Medicare prescription plan or your Medicare Advantage (HMO or PPO) plan is working fine for you, you should review it for next year.

Each year, the insurance companies can – and do – change their premiums, copays, deductibles, and list of covered drugs. Some plans close, and new ones enter. And, your own needs can change. The plan that worked well for you in 2016 may not work for you in 2017. People have saved hundreds of dollars and avoided problems by switching plans. And if your current plan still works well in 2017, you don't need to take any further action.

During open enrollment, you can pick a new plan or sign up for a plan if you don't have one. Changes take effect January 1, 2017.

Assistance is available from the State Health Insurance Assistance Program (SHIP). In Howard County, you can sign up for a one-on-one counseling session; SHIP sees clients by appointment at the Bain, Ellicott City, Glenwood and North Laurel 50+ Centers. SHIP also conducts seminars, including one that will teach you to use the Medicare website to do your own review.

To get information or schedule an appointment, call the Howard County SHIP office at 410-313-7392.

Medicare Open Enrollment

October 15 through December 7, 2016

By appointment only; call 410-313-7392.

In addition to our regular schedule, take advantage of additional appointment availability:

Ellicott City 50+ Center

9401 Frederick Road, Ellicott City 21042

Friday, October 21 • 9:00 a.m. – 3:00 p.m.

Friday, October 28 • 9:00 a.m. – 3:00 p.m.

Glenwood 50+ Center

2400 Route 97, Cooksville 21723

Tuesday, October 18 • 9:00 a.m. – noon

North Laurel 50+ Center

9401 Frederick Road, Ellicott City 21042

Wednesday, October 26 • 1:00 – 4:00 p.m.



**KNOW YOUR OPTIONS.
Contact us for help.**

410-313-7392 (VOICE/RELAY) • www.howardcountymd.gov/SHIP

The Howard County
Office on Aging and Independence
invites you to a

THANKSGIVING CELEBRATION!

THE *Giving Thanks*
LUNCHEON and DANCE

Music by "A Classic Case"

Thursday, November 17, 2016

Ten Oaks Ballroom
5000 Signal Bell Lane, Clarksville 21029

Doors Open 10:30 a.m. • Program Begins 11 a.m. • Lunch 12 noon
Tickets on Sale at all Howard County 50+ Centers \$14/person

PLEASE BRING NON-PERISHABLE FOOD ITEMS
FOR THE HOWARD COUNTY FOOD BANK

FOR MORE INFORMATION, CALL
410-313-5440 (VOICE/RELAY)

 Howard County Office on
Aging and Independence
www.howardcountymd.gov/aging

If you need this in an alternate format, or need accommodations, to attend this event, call Maryland Access Point at 410-313-1234 (VOICE/RELAY) or email to map@howardcountymd.gov by November 10.



New! 2017 Resource Guide

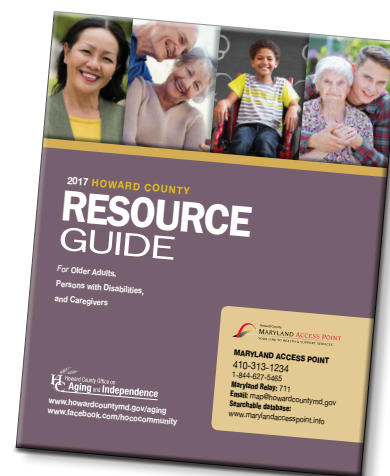
Howard County Office on Aging and Independence

The latest edition of Howard's County's Resource Guide will make its debut at the 50+EXPO. Attendees can pick up a copy at the Office on Aging and Independence booth on Main Street.

Additional copies are available at the Office on Aging and Independence (6751 Gateway Drive, Columbia); at any of our 50+ Centers; and at all County libraries.

Or, call Maryland Access Point (MAP) at 410-313-1234 to have one sent to you.

Visit our booth at the 50+EXPO to learn more about the many services and assistance offered by MAP.



Howard County Office on Aging and Independence

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This publication is available in alternate formats upon request. To join our subscriber list, email kahenry@howardcountymd.gov

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